Upcoming Events:

**VIRTUAL CAMP NAZARETH 2020**

Session 2 (Grades 7-9) - July 5 - 10
Session 3 (Grades 10-12) - July 12 - 17

**Wednesday Evening Book Study w/ Fr. Hector**
A New Book: “The Screwtape Letters”
By C. S. Lewis

*Know your enemy in the battle of good vs. evil.*

Wednesday evenings from 6:00-7:00 PM
In the Church Nave
Come in person or view the live stream on the Annunciation YouTube Page.

Green Phase Reminders:

- Sign-ups no longer required to attend services.
- The first 125 worshippers will be permitted in the Nave and Balcony. All others will be directed to Philoptochos Hall to participate through the live stream.
- Masks must be worn (10 years and older)
- No age restrictions in the Green Phase.

Liturgical Reminder:

**Sunday Worship Attire**
† Please remember that during the warm weather months, entering the sanctuary is still a sacred experience which our preparation and attire should reflect.
† Let us honor God with our modesty and piety.
† “Holiness befits Your house, O Lord, forevermore” (Psalm 93:5).

Bereavement
Orania Kanteres, mother of parishioners
Valerie Sabourin & grandmother of Jacqueline Eyster

Prayer Requests
Kostantinos Sofillas, Peter
Michael Thomas Pappas, Harper Morgan
Les & Kay Weiner, Rachel
Taylor, Zach Fox
Manoli, Nick Gianopoulos
Ian, John Drybred

Saint Athanasios of Mt. Athos
Athanasius was born in Trebizond of God-fearing parents. He became orphaned at an early age but, by the Providence of God, a commander took him under his care and brought him to Constantinople to be educated. Having completed his education, Athanasius withdrew into the desert of Maleinos near Athos, the Holy Mountain, where he lived the life of an ascetic as a disciple of the then renowned Michael Maleinos. Desiring a more difficult life of mortification, Athanasius settled on Holy Mt. Athos to live in silence. But many who were desirous of a life of asceticism began to gather around him and, therefore, he was compelled to build his famous Lavra (monastery).

Countless temptations befell Athanasius both from demons and from men but, as a brave soldier of Christ, resisted and conquered all by his immeasurable meekness and continual prayer to the Living God. Filled with the Grace of God, Athanasius was made worthy to see the All-holy Birth-giver of God who miraculously brought forth water from a rock and promised that she would also be the abbess. In work and in prayer, Athanasius surpassed his brethren and loved all with the love a spiritual father and shepherd.

Death came to Athanasius unexpectedly. At one time, he with six other monks, climbed upon a newly built vestibule of the church to inspect the wall which was being constructed and the wall caved in on them and buried them. Thus, this great beacon of monasticism died in the year 980 A.D. Many times following his death Athanasius appeared to his brethren either to comfort them or to reprimand them.

The Prologue of Ohrid, Vol. 2, p. 20

Welcome to all Visitors
We welcome our non-Orthodox friends and neighbors at all the liturgical services with a reminder that Holy Communion may be received only by prepared Orthodox Christians. Please sign the Visitor’s Registry in the Narthex if you wish to be contacted by the priest.

Father Hector Firoglanis, Pastor
Father Theodosios Palis, Assistant Pastor; Father Alexander Veronis, Pastor Emeritus
www.annunciationorthodox.org
Gal. 5:22-26; 6:1-2
Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another’s burdens, and so fulfill the law of Christ.

Mt. 8:5-13
At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching him and saying, “Lord, my servant is lying paralyzed at home, in terrible distress.” And he said to him, “I will come and heal him.” But the centurion answered him, “Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, ‘Go,’ and he goes, and to another, ‘Come,’ and he comes, and to my slave, ‘Do this,’ and he does it.” When Jesus heard him, he marveled, and said to those who followed him, “Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth.” And to the centurion Jesus said, “Go; be it done for you as you have believed.” And the servant was healed at that very moment.

Γαλ. 5:22-26; 6:1-2
Ἀδελφοί, ὁ καρπὸς τοῦ Πνεύματος ἐστιν ἀγάπη, χαρά, εἰρήνη, μακροθυμία, ἀγαθωσύνη, πίστις, πράσινος, ἐγκράτεια: κατὰ τῶν τοιούτων οὐκ ἔστι νόμος. Οἱ δὲ τοῦ Χριστοῦ τὴν σάρκα ἐκτρέφουσιν, ἀλλὰ μόνον εἰπὲ λόγῳ, καὶ ἰαθήσεται ὁ παῖς μου. καὶ γὰρ ἐγὼ ἄνθρωπός ἐστι, ἀλλὰ μόνον εἰπὲ λόγῳ, καὶ ἰαθήσεται ὁ παῖς μου. καὶ γὰρ ἐγὼ ἄνθρωπός ἐστι, ἀλλὰ μόνον εἰπὲ λόγῳ, καὶ ἰαθήσεται ὁ παῖς μου. καὶ γὰρ ἐγὼ ἄνθρωπός ἐστι, ἀλλὰ μόνον εἰπὲ λόγῳ, καὶ ἰαθήσεται ὁ παῖς μου. καὶ γὰρ ἐγὼ ἄνθρωπός ἐστι, ἀλλὰ μόνον εἰπὲ λόγῳ, καὶ ἰαθήσεται ὁ παῖς μου. καὶ γὰρ ἐγὼ ἄνθρωπός ἐστι, ἀλλὰ μόνον εἰπὲ λόγῳ, καὶ ἰαθήσεται ὁ παῖς μου.

1. RESURRECTION APOLYTIKION (3rd Mode)
Let the heaven rejoice, and let things on earth be glad, for the Lord has worked powers with His arm; He has trampled upon death by death; He has become the first born of the dead. From the bowels of Hades has He delivered us, and has granted great mercy to the world.

2. APOLYTIKION OF ST. ATHANASIUS (3rd Mode)
Angelic hosts on high were filled with wonderment, seeing your life in the flesh: how with your body you courageously went out to wrestle with invisible foes; and to the demonic hordes you inflicted serious wounds. Therefore, Athanasius, you received from the Master Christ, a wealth of gifts. Holy Father, intercede on our behalf with Christ our God, to save our souls.

3. HYMN OF OUR CHURCH (4th Mode)
Today is the beginning of our salvation, and the revelation of the mystery of ages. The Son of God becomes the Son of the Virgin and Gabriel proclaims this gift from God. Together with him we cry out to you, O Theotokos: “Hail thou full of grace, the Lord is with you.”

4. KONTAKION (2nd Mode)
O Protection of Christians unshamable, Intercessor to our Holy Maker, unwavering, Please reject not the prayerful cries of those who are in sin. Instead, come to us, for you are good; Your loving help bring unto us, Who are crying in faith to you: Hasten to intercede and speed now to supplicate, As a protection for all time, Theotokos, for those who honor you.

5. APOLYTIKION OF ST. ATHANASIUS (3rd Mode)
He delivered us, the portrayal of Christians, from the bowels of Hades; He has trodden upon death by death, the firstborn of the dead. O Protection of all Christ’s people, unwavering, To you too be tempted. Bear one another’s burdens, and so fulfill the law of Christ.

6. HYMN OF OUR CHURCH (3rd Mode)
He has trampled upon death by death; He has delivered us, and has granted great mercy to the world.

7. APOLYTIKION OF ST. ATHANASIUS (3rd Mode)
Angelic hosts on high were filled with wonderment, seeing your life in the flesh: how with your body you courageously went out to wrestle with invisible foes; and to the demonic hordes you inflicted serious wounds. Therefore, Athanasius, you received from the Master Christ, a wealth of gifts. Holy Father, intercede on our behalf with Christ our God, to save our souls.

8. HYMN OF OUR CHURCH (3rd Mode)
Today is the beginning of our salvation, and the revelation of the mystery of ages. The Son of God becomes the Son of the Virgin and Gabriel proclaims this gift from God. Together with him we cry out to you, O Theotokos: “Hail thou full of grace, the Lord is with you.”

9. KONTAKION (2nd Mode)
O Protection of Christians unshamable, Intercessor to our Holy Maker, unwavering, Please reject not the prayerful cries of those who are in sin. Instead, come to us, for you are good; Your loving help bring unto us, Who are crying in faith to you: Hasten to intercede and speed now to supplicate, As a protection for all time, Theotokos, for those who honor you.

10. HYMN OF OUR CHURCH (3rd Mode)
He has trampled upon death by death; He has delivered us, and has granted great mercy to the world.

11. KONTAKION (2nd Mode)
O Protection of Christians unshamable, Intercessor to our Holy Maker, unwavering, Please reject not the prayerful cries of those who are in sin. Instead, come to us, for you are good; Your loving help bring unto us, Who are crying in faith to you: Hasten to intercede and speed now to supplicate, As a protection for all time, Theotokos, for those who honor you.